

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 20:5 n-3 (EPA) (g) ; 22:6 n-3 (DHA) (g)

Food Groups: Poultry Products
Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: May 06, 2016 00:36 EDT

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.003	0.005
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	--	0.000
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	--	0.000
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	--	0.000
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	--	0.000
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.003	0.006
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.003	0.006
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.003	0.003
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.003	0.006
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.003	0.006
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	--	0.000
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	--	0.000
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	--	0.000
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	--	0.000
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	--	0.000
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	--	0.000
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	--	0.000
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	--	0.000
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	--	0.000
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	--	0.000
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	--	0.000
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014	0.036
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.031
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.019
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	--	0.000
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.017	0.051
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.018

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007	0.024
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.017
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	--	0.000
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.018
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.019
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008	0.017
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.018
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.042
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	--	0.000
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.028
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.009	0.017
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.016
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.028
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.000	0.003
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.028
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.002	0.003
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	--	0.005
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.004	0.005
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.004	0.007
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.004	0.009
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.008	0.034
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022	0.055
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020	0.051
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011	0.055
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.008	0.026
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.028	0.084
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.070
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.070
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011	0.044
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.009	0.006
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.010	0.004
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.003	0.010
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.013

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.012
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.004	0.007
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	--	0.000
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.056
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.004	0.009
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.012
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	--	0.000
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.008	0.034
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.014	0.058
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	--	0.000
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.005
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.010	0.038
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007	0.034
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.006	0.010
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.056
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.003	0.008
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006	0.028
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.005	0.010
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.008	0.042
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.003	0.011
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011	0.023
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008	0.023
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008	0.024
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.027
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012	0.023
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.014	0.042
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.042
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.042
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.018
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.008	0.034
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.008	0.034
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.008	0.026
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.008	0.034

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.008	0.034
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.008	0.026
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.008	0.042
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.056
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.056
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.008	0.026
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.014	0.070
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.008	0.026
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.014	0.056
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.014	0.056
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.004
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.005
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001	0.004
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.009
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001	0.004
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001	0.004
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.001	0.005
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	--	0.000
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	--	0.011
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007	0.010
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007	0.014
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	--	0.000
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.013
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009	0.014
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005	0.021
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.019
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.008	0.007
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	--	0.000
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.016
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.008	0.014
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.016
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	--	0.006
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	--	0.000
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.070
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.012

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004	0.010
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.003	0.005
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	--	0.000
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028	0.070
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.003	0.006
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.008
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.003	0.009
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	--	0.000
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.014	0.084
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.002	0.008
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.014	0.028
05311	Chicken, canned, no broth	28.0	1.0 oz	0.003	0.059
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.029	0.072
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.012	0.046
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.008	0.026
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.008	0.017
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.008	0.026
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.008	0.017
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	--	0.017
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	--	0.008
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.008	0.017
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.008	0.017
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.004	0.006
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.005	0.009
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.006	0.009
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.004	0.006
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.003	0.005
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.004	0.009
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	--	0.004
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.007	0.009
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.003	0.005
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	--	0.004
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.005	0.008
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.002	0.005

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05335	Chicken, feet, boiled	28.35	1.0 oz	0.004	0.012
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	--	0.000
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	--	0.000
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.007	0.026
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.009	0.026
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	--	0.000
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	--	0.000
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	--	0.000
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	--	0.000
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	--	0.000
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.056
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011	0.034
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.014	0.058
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002	0.005
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.000	0.042
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.000	0.020
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.008	0.026
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.008	0.026
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.008	0.026
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.014	0.042
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.008	0.026
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	--	0.002
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.002	0.002
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	--	0.002
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.002	0.002
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	--	0.003
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	--	0.002
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.042	0.154
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.021	0.084
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	--	0.000
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	--	0.000
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.000	0.112
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.000	0.053
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.008	0.031
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.008	0.042
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.017	0.068

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.008	0.042
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028	0.126
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.008	0.060
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.000	0.003
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.000	0.011
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.000	0.013
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.007	0.021
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	--	0.000
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	--	0.000
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	--	0.000
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	--	0.000
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	--	0.000
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	--	0.000
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	--	0.000
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.008	0.013
05626	Emu, full rump, raw	85.0	3.0 oz	0.003	0.004
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	--	0.000
05628	Emu, inside drum, raw	85.0	3.0 oz	0.002	0.004
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.003	0.010
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	--	0.000
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	--	0.000
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	--	0.000
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	--	0.000
05150	Goose, liver, raw	94.0	1.0 liver	--	0.000
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.017	0.008
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.018	0.008
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.010	0.008
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.003	0.009
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.003	0.009
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.001	0.002
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.008	0.007
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.003	0.006
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.003	0.005
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.002	0.005
05305	Ground turkey, raw	453.6	1.0 lb	0.027	0.036
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.008	0.026

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.008	0.026
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	--	0.000
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.009	0.000
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.007	0.001
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	--	0.000
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	--	0.000
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	--	0.000
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	--	0.000
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	--	0.000
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	--	0.000
05154	Pheasant, raw, meat only	85.0	3.0 oz	--	0.000
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	--	0.045
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	--	0.000
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	--	0.000
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.008	0.000
43282	Quail, cooked, total edible	28.35	1.0 oz	0.003	0.000
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.011	0.000
05158	Quail, meat only, raw	92.0	1.0 quail	0.009	0.000
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.003	0.010
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.010	0.020
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.008	0.017
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.025	0.075
05286	Turkey and gravy, frozen	85.0	3.0 oz	--	0.000
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.000	0.008
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.001	0.002
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	--	0.004
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.002	0.003
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	--	0.004
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.003	0.006
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	--	0.003
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.000	0.005
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.000	0.002
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.013	0.005
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.001	0.001
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.000	0.017
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	--	0.000

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.000	0.034
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.000	0.056
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.034
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.015
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.036
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.032
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	--	0.003
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.007
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.000	0.003
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	--	0.008
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	--	0.005
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.010	0.004
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.002	0.005
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	--	0.003
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.000	0.002
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	--	0.003
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.000	0.005
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	--	0.003
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.000	0.040
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.010	0.005
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.010	0.005
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.006	0.007
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.002	0.005
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	--	0.001
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.010	0.004
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.000	0.006
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.000	0.002
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	--	0.003
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.002	0.005
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.010	0.004
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.000	0.010
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.010	0.004
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.000	0.017
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.002	0.004
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.000	0.004

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.002	0.001
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.000	0.001
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.000	0.011
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.000	0.034
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.008	0.028
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.007	0.035
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	--	0.000
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.002	0.005
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	--	0.003
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.003	0.006
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.009	0.043
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.001	0.002
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.002	0.005
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.082	0.199
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.003	0.009
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.003	0.006
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.001	0.004
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.002	0.006
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.003	0.006
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.003	0.005
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.003	0.005
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.002	0.004
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.004	0.006
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.004	0.005
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.003	0.005
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.001	0.001
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	--	0.008
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.003	0.003
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.003	0.003
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	--	0.003
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.003	0.003
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.002	0.003
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.001	0.002
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.010	0.004
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.002	0.003
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.010	0.004

NDB_No	Description	Weight(g)	Measure	20:5 n-3 (EPA)(g) Per Measure	22:6 n-3 (DHA)(g) Per Measure
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.010	0.026
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.004	0.021
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.007	0.004
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.002	0.003
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.003	0.005
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.007	0.004
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.007	0.003
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.000	0.002
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.000	0.003
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.002	0.001
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.000	0.002
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	--	0.003
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.000	0.003
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	--	0.003
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.000	0.006
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	--	0.000
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.014	0.049
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	--	0.000
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.011	0.039
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.011	0.039
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	--	0.000